

**10th Anniversary Program on Community Fall and Fracture Prevention
Department of Orthopaedics and Traumatology,
The Chinese University of Hong Kong**

**Themes: Partnership through Multi-disciplinary Collaborations
An Introduction to Geriatric-orthopaedics**

Staff Training for Community Fall and Fracture Prevention Program

Date: Sept. 6, 2010

Venue: Orthopaedic Learning Centre, 1/F, Li Ka Shing Specialist Clinics, North Wing,
Prince of Wales Hospital, Shatin

Objectives: To train staff working on Community Fall and Fracture Prevention Programs with delivery of a panoramic view on the various facets for caring for elderly with Geri-orthopaedic problems.

Target participants: staff at community elderly centers

| Time | Content | Speaker |
|---------------|--|---|
| 9:30 – 9:40 | Course introduction | Claudia Chan |
| 9:40 – 10:00 | Epidemiology of fall and fracture in elderly | Leung Kwok Sui (Professor) |
| 10:00 – 10:20 | Risk factors and consequences of fall and osteoporosis | Choi Kah Leng (Nurse) |
| 10:20 – 11:20 | First aid management of fall and fracture | Choi Kah Leng (Nurse) |
| 11:20 – 11:30 | Break | |
| 11:30 – 11:50 | Demonstration: Bone mineral density measurement | Anna Mok (Research Assistant) |
| 11:50 – 12:10 | Demonstration: Simplified fall risk assessment | Winnie Mak (Physiotherapist) |
| 12:10 – 12:30 | Exercise for osteoporosis and fall prevention | Winnie Mak (Physiotherapist) |
| 12:30 – 14:00 | Lunch | |
| 14:00 – 14:20 | Fall and fracture prevention aids: Introduction of vibration therapy | Poey Li (Research Assistant) |
| 14:20 – 14:40 | Fall and fracture prevention aids: Hip protectors and footwear education | Claudia Chan (Prosthetist & Orthotist) |
| 14:40 – 15:00 | Introduction of fragility fracture program | Claudia Chan (Prosthetist & Orthotist) |
| 15:00 – 15:30 | Environmental hazard identification and modification (Hong Kong Housing Society) | Patrick Sze (Occupational therapist) |
| 15:30 – 16:00 | Skills on home visitation (Hong Kong Housing Society) | Patrick Sze (Occupational therapist) |
| 16:00 – 16:15 | Break | |
| 16:15 – 17:00 | Examination and certificate distribution | |

Maximum participants: 45